



Turkey Day

“Trimming” Holiday Ideas

If you are responsible for cooking the entire holiday meal or have an opportunity to make a food contribution, consider making over the foods you serve and the food choices you make!

Gravy

- To lower the amount of fat and salt in your gravy, use low-sodium canned chicken broth to make gravy
- Pour off the juices from the roasted meat or poultry into a bowl allowing time for the fat to rise to the surface - use a baster to remove the broth, leaving the fat behind **OR**
- Add ice cubes to the juices – the fat will thicken and can be easily skimmed from the top
- Flavor your gravy with a favorite herbs such as rosemary, thyme, or sage

Mashed Potatoes

- Use non-fat or low-fat milk in your recipe – for a richer taste, try using non-fat condensed milk (NOT sweetened condensed milk)
- In place of butter, add low-fat or non-fat cream cheese
- Replace most of the milk in the recipe with low-sodium chicken broth

Vegetable

- Serve steamed or roasted vegetables sprinkled lightly with olive oil in place of vegetables that are covered in cheese and heavy sauces

Turkey

- Select a turkey that is not self-basting
- Choose a turkey breast in place of a whole turkey
- Reduce the amount of fat in dressing or stuffing by baking in a separate casserole dish
- Add your favorite herbs and spices instead of salt to the turkey cavity to enhance flavor

Dessert

- Pumpkin and sweet potato pies are great sources of vitamin A and tend to be lower in fat and sugar than other types of custard pies
- Make a pumpkin custard in place of a pie
- Instead of whipped cream, add a small amount of non-dairy whipped topping to finish off dessert

Beverages

- Sparkling water or a diet coke with a wedge of lime are good low- to no-calorie choices
- Limit alcoholic beverages as they add a lot of additional calories
- For eggnog lovers, consider choosing a light version or make a “punch” by adding equal parts diet lemon-lime soda or seltzer water to eggnog